

Tentative Competition Schedule

The standard check-in procedure used at Athletics Ontario Championships will be in use at this meet. **Athletes entered in track events must check in at the designated check-in area** separately for each event no sooner than 90 minutes and no later than 30 minutes prior to the scheduled start time of the race.



Athletes who fail to check-in as required will not be allowed to compete in the event. Please allow extra time for bad weather, traffic problems, etc. Picking up bib numbers does not constitute a check-in.



2017 Athletics Ontario Junior Senior Championship Final Schedule Saturday June 17, 2017					
Sections will be run Slow to Fast					
Track	Time	Event	Check-In	Round	Age Group (Number of Athletes)
	10:30	1500m	9:00 – 10:00	Timed Final	JW (20) – SW (15)
	10:50	1500m	9:20 – 10:20	Timed Final	JM (20) – SM (22) + AMB M (2)
	11:15	100m	9:45 – 10:45	Heats	Wheel Chair W (2)
	11:20	100m	9:50 – 10:50	Heats	JW (30) – SW (16) - AMB W (1) + AMB M (5)
	11:40	100m	10:10 – 11:10	Heats	JM (32) – SM (38)
	12:20	100m Hurdles	10:50 – 11:50	Heats	JW (12) – SW (19)
	12:45	110m Hurdles	11:15 – 12:15	Heats	JM (12) – SM (11)
	Track Break				
	1:30	100m	N/A	Final	Wheel Chair W
	1:35	100m	N/A	Final	AMB W (1) + AMB M (5)
		100m	N/A	Semi Finals	SW
	1:50	100m	N/A	Semi Finals	JM – SM
	2:10	400m	12:40 – 1:40	Timed Final	JW (35) – SW (19) - AMB W (1) + AMB (4)
	2:40	400m	1:10 – 2:10	Timed Final	JM (40) – SM (27)
	3:10	400m	1:40 – 2:40	Timed Final	Wheel Chair W (1)
	3:15	100m	N/A	Finals	JW – SW
	3:25	100m	N/A	Finals	JM – SM
	3:35	110m Hurdles	N/A	Finals	SM – JM
	3:45	100m Hurdles	N/A	Finals	SW – JW
	4:00	4X100m Relay**	N/A	Timed Final	JW (1) + SW (2) – JM (5) + SM (2)

2017 Athletics Ontario Junior Senior Championship Final Schedule Saturday June 17, 2017			
Field	Time	Event	Age Group (Number of Athletes)
	10:00	Hammer Throw	SW (9) + JW (8)
		Shot Put	JM (14)
	10:30	Long Jump	SW (14)
		High Jump	SM (4)
		Pole Vault	JM (4)
	12:00	Discus	SW (7) + AMB W (2)
		Shot Put	SM (6)
		Triple Jump	JM (9)
	2:00	Discus	JM (13)
		Shot Put	JW (10)
		Long Jump	SM (19) + AMB M (1) *Two flights, higher seeds will be in 2 nd flight*
		High Jump	SW (6)
		Pole Vault	JW (5)
	3:30	Discus	SM (11) + AMB M (1)
		Triple Jump	JW (12)

**Coaches are to hand in relay declaration cards for no later than 30min prior to the start of the event. Relay cards can be found at the Athletics Ontario Check-In tent on the day of the competition.

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2017 Athletics Ontario Junior Senior Championship				
Final Schedule Sunday June 18, 2017				
Sections will be run Slow to Fast				
Track	Event	Check-In	Round	Age Group
	10:15	5000m RW	8:45 – 9:45	Timed Final SM (1)
	10:45	3000m	9:15 – 10:15	Timed Final JW (16)
	11:00	800m	9:30 – 10:30	Timed Final JW (29) – SW (25)
	11:20	800m	9:50 – 10:50	Timed Final JM (44) – SM (28) + AMB M (3)
	11:55	200m	10:25 – 11:25	Heats Wheel Chair W (2)
	12:00	200m	10:30 – 11:30	Heats JW (36) – SW (28) - AMB W (1) + AMB M (3)
	12:30	200m	11:00 – 12:00	Heats JM (47) – SM (49)
	Track Break			
	2:00	400m Hurdles	12:30 – 1:30	Timed Final JW (15) – SW (8)
	2:15	400m Hurdles	12:45 – 1:45	Timed Final JM (21) – SM (6)
	2:40	200m	N/A	Final Wheel Chair W (2) – JW* – SW
	2:50	200m	N/A	Final JM* – SM*
	3:00	2000m SC	1:30 – 2:30	Timed Final JW (4)
	3:10	3000m SC	1:40 – 2:40	Timed Final SW (2) – JM (5) – SM (3)
	3:40	DMR**	N/A	Timed Final JW (1) + SW (1) – JM (2)
	4:00	4x400m**	N/A	Timed Final JW (1) + SW (5) – JM (2) + SM (3)

*As per rule 145.1 and 145.5 the JW – JM – SM 200m finals will consist of two sections. The two timed finals will go slow to fast.

2017 Athletics Ontario Junior Senior Championship		
Final Schedule Sunday June 18, 2017		
Field	Event	Age Group (Number of Athletes)
	10:00	Seated Shot Put Para W (3) + Para M (2)
		Long Jump JW (22) *Two flights, higher seeds will be in 2 nd flight*
		Hammer Throw JM (6) + SM (4)
	10:30	Pole Vault SM (6)
		Javelin SW (6) + AMB W (1)
		High Jump JM (13)
	12:00	Discus JW (15)
		Javelin JM (6)
		Triple Jump SM (8)
	2:00	Long Jump JM (14)
		Pole Vault SW (6)
		Javelin SM (8)
		Shot Put SW (7) + AMB W (1)
		High Jump JW (7)
	2:30	Seated Throws Javelin Para W (3) + Para M (2)
	3:30	Triple Jump SW (8)
		Javelin JW (6)
		Seated Throws Discus Para W (3) + Para M (3)

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